

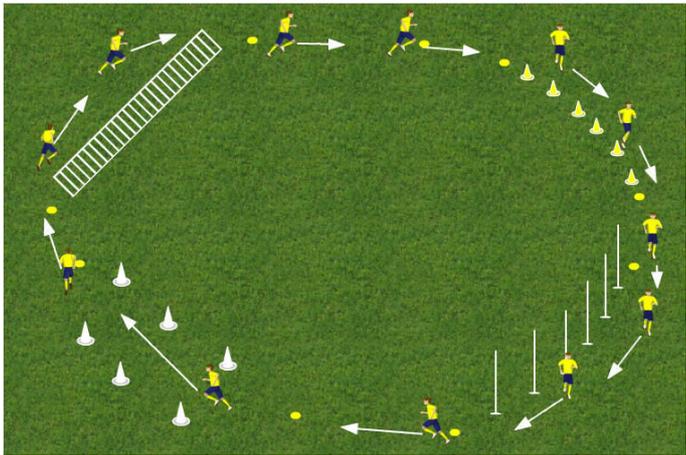
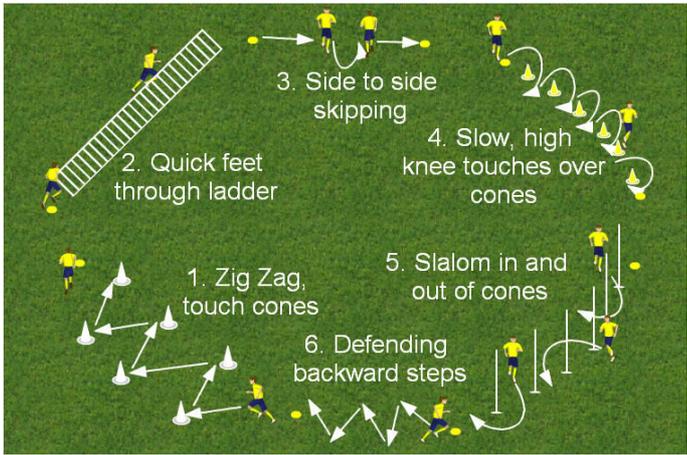
## WARM UP – IN A CIRCLE

The following warm up has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard. To receive your 25% discount on a subscription to [www.grassrootscoaching.com](http://www.grassrootscoaching.com), go to the site and input the following code GRC28H9F when you subscribe, valid until 12th March 2008

### OBJECTIVE

To raise the players body temperature, by increasing the flow of blood to the main muscle groups, providing oxygen and fuel for more strenuous exercise. This will prepare the players body and key muscle groups for the upcoming training or match.

In addition, a good warm up should provide a focus and prepare the players mentally and should also ensure the players develop good habits for the rest of their playing career.

<p><b>#1</b> - Players jog round the circle, doing various dynamic movements and stretches, from list below. Jog both ways round circle</p>	<p><b>#2</b> - At coaches command, players complete a circuit of dynamic / agility exercises, using the equipment</p>
	

### ORGANISATION

Mark out a circle area, with the size suitable for the age and fitness of the players. Lay out equipment as indicated in the graphic #1 above. The equipment should be suitable for the age and fitness of the players.

To begin, the players should jog around the outside of the circle, doing dynamic movements / stretches, listed below. After a couple of circuits, the players can then use the laid out equipment to complete a circuit or two of dynamic / agility exercises.

The length of the warm up depends on the age and fitness level of the players and also on the weather conditions. It could be anywhere between 5 – 15 minutes. After the dynamic warm up, the players should complete a series of static stretches, focussing on the main football muscle groups, followed by a ball orientated warm up.

**DYNAMIC MOVEMENTS / STRETCHES** - Select the appropriate dynamic movements / stretches and ensure the intensity of the movements / stretches are appropriate for the age and fitness levels of the players.

<p><b>Knee and Heel Touches</b> Whilst jogging. Head up, alternate touching right knee with right hand and then right foot with right hand. Repeat set touching left knee with left hand and then left foot with left hand</p>	<p><b>Heel Touches</b> Whilst jogging. Head up, reaching behind, alternate touching right foot with right hand and left foot with left hand.</p>	<p><b>Knee Touches</b> Whilst jogging. Head up, alternate touching right knee with right hand and left knee with left hand. This can also be done slowly, driving the knees as high as possible.</p>
<p><b>Defending Backward Steps</b> The player imagines they are defending 1 v 1. Keeping low and leading with the right leg, they shuffle backwards / sideways for two sideways feet movements, then turning the hips they shuffle backwards / sideways for two feet movements, leading with the left leg.</p>	<p><b>Side to side skipping</b> Working sideways across the field, alternate performing jumping jacks. Players skip sideways, leading with their right leg and bringing the feet together and hands to their side. Then swinging their hands above their head and clapping whilst opening their legs up in a skipping motion. Alternate lead legs</p>	<p><b>Over the gate</b> Whilst skipping. The players drive their knee up and forward, then they sweep their knee round to the side, like they are lifting their leg up and over an imaginary gate. Alternate over the gate movement (away from the centre line of the body) Alternate legs on every second bounce</p>
<p><b>Close the gate</b> Whilst skipping. The players initial movement of the knee is up and out to the side of them, they then sweep their knee from out to in, (like they are closing an imaginary gate (from outside the line of the body back to the centre of the body) Alternate legs on every second bounce</p>	<p><b>High Kicks</b> At a skipping pace, alternatively kick across the body. Bring right foot up to touch both hands and then return to the floor. Take two steps forward. Kick left foot up to touch both hands and then return to the floor.</p>	<p><b>Kick out</b> While skipping, bring one knee to the chest and then kick the leg out in front, pushing the studs forward then to the floor. Alternate legs every second bounce</p>
<p><b>Chest arms back, front and clap</b> Whilst skipping. The player does an open extension stretch of the arms, throwing the arms open, for two stretches, then bringing the arms back together for a double clap.</p>	<p><b>Inside Feet</b> Whilst jogging, the player flicks the inside of each foot towards their hands. Alternate touching the inside of the right foot, then the inside of the left foot.</p>	<p><b>Thighs, Chest, Head</b> Whilst skipping, work up the body, and then back down the body. To start with, touch thighs twice with both hands, then once on the chest and a clap above the head. Repeat back down the body.</p>
<p><b>Thigh, Thigh, Heel, Heel</b> Whilst jogging. Touch right thigh with right hand, Touch left thigh with left hand, Touch right foot with right hand, Touch left foot with left hand. Repeat 10 exercises for each leg</p>	<p><b>Lunge Walk</b> Whilst walking, the players stretch their leading leg out way in front of them, whilst at the same time letting the knee of their opposite leg drop towards the ground.</p>	<p><b>Jump and Head the Ball</b> Whilst jogging. Every 5 steps the players jump and head an imaginary ball. Encourage the player to take off on alternative legs and to drive their non – jumping leg forward when jumping.</p>
<p><b>Reach for the sky</b> Walk on tip toes slowly with arms stretched high above the head. Then walk on the heel with toes pointed to the sky. Repeat ten on toes, ten on the heels</p>	<p><b>Clap under knee</b> Whilst skipping. Drive alternative knees nice and high, clap under the knee on each bounce</p>	<p><b>Twist and turn</b> Whilst jogging. Players turn 180 degrees and run for 10 yards. Repeat</p>

The Dynamic warm up can be finished with 2 – 3 x 20 – 30 yard ½ to ¾ pace runs

**STATIC STRETCHES** – After completing the dynamic warm up, the players should now look to do some static stretches of the main football muscle groups. These stretches should not be painful. Players should complete 1 – 3 stretches for each main muscle group and hold the stretch for between 5 – 15 seconds

<p><b>Hamstring Stretch</b> - The back of thigh or hamstring stretch is a very important stretch for soccer players. The hamstring is one of the main power muscles used in sprinting, jumping and kicking the ball. To effectively stretch the hamstring area a player should take a step forwards and bend the back knee. Put both hands on the front thigh of the bent back knee. This helps support the lower back. Lean forward until the player feels stretch on the back of the thigh - hamstring on the straight leg. Complete 1 – 3 stretches, holding each stretch for 5 – 15 seconds</p>	
<p><b>Deep Hamstring Stretch</b> - For this stretch, the player should lie on the ground and bend one knee so that the foot is close to the backside. With both hands on the calf area, lift the other, keeping it slightly bent. Gently pull the thigh towards the chest. The stretch should be felt in the middle of the hamstring muscle located at the back of the leg. By bending the leg at different angles, a player can stretch slightly different areas of the hamstring. Complete 1 – 3 stretches, holding each stretch for 5 – 15 seconds</p>	
<p><b>Lower Calf Stretch</b> - The lower calf muscle is important for players as it is used in the act of jumping to head and challenge for the ball, pushing off for quick acceleration and twisting and turning movements. To effectively stretch the lower calf muscle the player should take a small step forwards and bend both the front and back knee. Make sure that both heels are flat on the floor and both feet are pointing forwards. The stretch feeling should be felt in the lower part of the calf, running towards the Achilles tendon. Complete 1 – 3 stretches, holding each stretch for 5 – 15 seconds</p>	

**Upper Calf Stretch** - The upper calf muscle is important for players as it is used in the act of jumping, pushing off for sprints and twisting and turning. To stretch the upper calf muscle the player should take a step forward and bend the front knee, pushing the knee to the floor. Ensure the back leg is kept straight and push the heel firmly into the floor. Make sure that both feet are pointing forward. The player should feel the stretch in the upper to middle part of the calf muscle on the back leg. Complete 1 – 3 stretches, holding each stretch for 5 – 15 seconds



**Quadricep Stretch** - The front of thigh or quad stretch helps with the flexibility and power of the main kicking muscles. To stretch the quadriceps muscles, the player needs to stand on one leg, ideally using another player for support. The players should hold onto the opposite ankle bring the heel towards the buttock area but ensuring that the leg is pulled slightly away. It is important that both knees are kept close together to prevent twisting of the knee. The pelvis should be kept square and tilted forwards. The stretch should be felt in the middle of the front thigh Complete 1 – 3 stretches, holding each stretch for 5 – 15 seconds.



**Groin Stretch** - The inside of the thigh stretch is important for players because it is a main muscle used for twisting and turning actions, movement to quickly change direction and any side-way or lateral stretching movement. To effectively stretch the inside of the thigh - or groin muscle the player should stand up straight with hands on hips. Point one leg out to the side, with the toes pointing in the same direction as the rest of the body. Keep this leg straight. Bend the knee of the other leg so that it remains above the toes. Make sure the trunk remains upright and pointed forward. The player should feel the stretch on the inside of the thigh of the straight leg. To stretch the groin muscle a bit further get the player to gently turn their shoulders away from the straight leg that is being stretched. Complete 1 – 3 stretches, holding each stretch for 5 – 15 seconds.

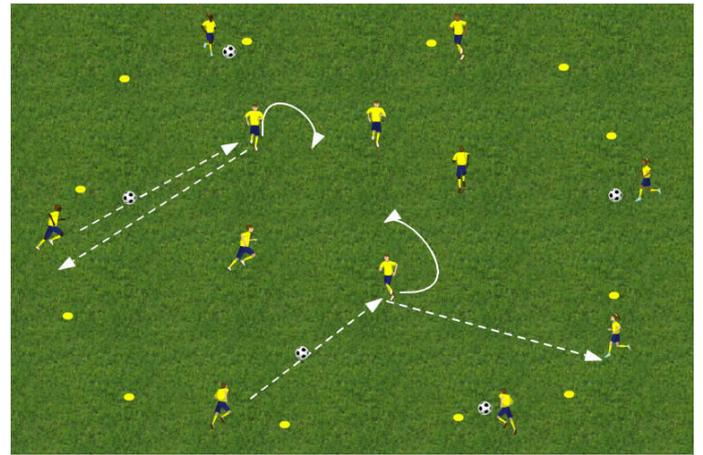
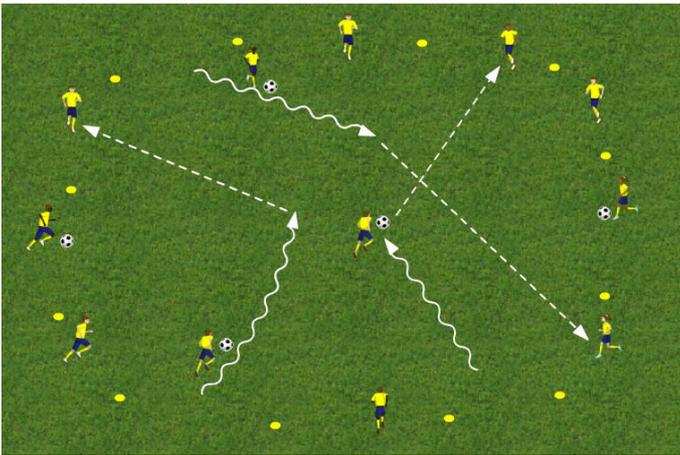


## WARM UP WITH THE BALL

**ORGANISATION** – Mark out a large circle. The size of the circle should be suitable for the age and fitness levels of the players. The more footballs used the greater intensity of the warm up as the players will have fewer rest periods. The ratio of players to footballs should be 2 or 3 to 1. All the footballs should be in play at all times. This warm up with the ball is very flexible and can accommodate lots of running, both with the ball and without the ball, dribbling, passing, control and turning, with and without the ball. By specifying a particular skill, the warm up can be a great lead into the coaching session. For example, if the main session is focusing on dribbling, then the warm up could concentrate on turning, running with the ball and dribbling

**#1** – Players on the outside start with the balls. They run with the ball into the middle, identify a player on the outside who doesn't have a ball, pass to them and then run to a free area on the outside of the circle. The player receiving the ball controls the ball into space and runs with the ball. Repeat

**#2** – Players on the outside start with the balls. Ensure the number of players who start in the middle of the circle is the same as the number of footballs. The player with the ball passes to a player in the middle, who passes the ball back, then turns and looks to receive another pass from a player on the outside. After a minute or two, swap the inside and outside players. This exercise can also be used for volleying, control and heading skills



**#3** – Players in the middle start with the balls. They run to a cone on the outside, turn round the cone and pass to one of the outside players who has made a run into the circle to receive the pass. Coach the timing of the pass and run.

**#4** – Place a number of cones or discs in the middle. Players with the ball must dribble round the cones. When the coach shouts pass, they must pass to a free player on the outside and take their place. Exercise is repeated

